



Instructions After Laser Surgery of the Cervix and Vagina

Anesthesia:

If you have general anesthesia, you may feel tired for one to two days after the procedure. It is not unusual to experience nausea or vomiting on the day of the surgery or even the next day to some degree. If you have local anesthesia, you may experience some cramping a few hours after the operation when the local anesthetic wears off.

Diet:

As soon as you feel like it, you may eat or drink anything that you desire in moderation. It is recommended that no alcohol be consumed for 24 hours after general anesthesia.

Activity:

You should avoid vigorous physical activity for at least 7 to 10 days after laser surgery and until bleeding is only light or stops completely. It is important not to douche or have intercourse for at least three weeks after your procedure in order to prevent heavy bleeding. Tampons may be used after the first week if left in place no longer than three hours at a time. It is safe to bathe or shower as desired. You may drive a car as soon as you feel like it if you are not taking pain pills. It is important to use condoms for intercourse until your partner has been examined and cleared of all HPV lesions.

Bleeding:

It is normal to have bleeding after laser therapy of the cervix and vagina for up to three weeks. It may vary from a slight watery reddish or brown discharge to a flow as heavy as your average period. Some women will have almost no bleeding for several days and then have increased bleeding for the next few days. Bleeding which is as heavy as one pad per hour is abnormal and you should notify the office emergency number if this occurs. It is advisable to limit activity as much as possible if bleeding is heavy. Your menstrual period will usually come at the expected time but may be slightly heavier than normal.

Pain:

You may experience cramping after laser surgery similar to your menstrual period. Advil (ibuprofen) can be taken as two tablets every three hours as needed. You may also take Tylenol but aspirin should be avoided as it may increase bleeding. If you have severe pain or cramps, please call the office for further instructions.

Follow-up Care:

It is very important to keep your follow-up appointments as directed. Infections or other complications may be detected at these visits before they become serious. For laser therapy of the cervix, Pap smears must be done every three months for the first year, then every six months for two years in order to make sure that all problems have resolved.

This document is adapted from material made available to the University Health Center by Michael Herz, M.D., Physician & Surgeon, Gynecology & Gyn. Pathology.